

Olsson Möller U<sup>1,2</sup>, Stigmar K<sup>3</sup>, Beck I<sup>1,4</sup>, Rasmussen B<sup>1,3</sup>, Malmstrom M<sup>1,5</sup>

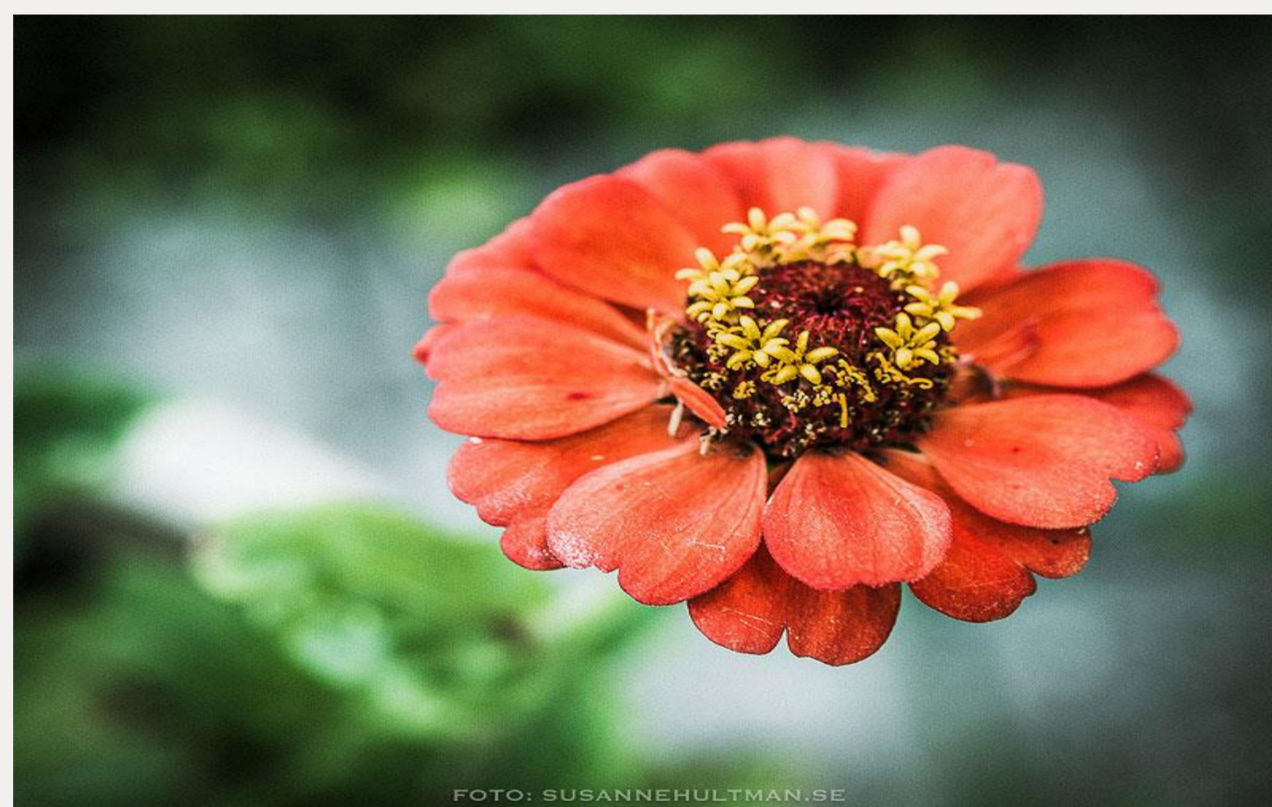
<sup>1</sup>Lund University, Institute of Palliative Care, Lund, Sweden, <sup>2</sup>Lund University, Department of Clinical Sciences in Lund, Lund, Sweden, <sup>3</sup>Lund University, Department of Health Sciences, Lund, Sweden, <sup>4</sup>Kristianstad University, Department of Health and Society, Kristianstad, Sweden, <sup>5</sup>Region Skåne, Department of Surgery, Malmö, Sweden



- Maintaining, enabling and encouraging independence in everyday life
- Listening, talking with and understanding
- Observing, assessing and evaluating
- Organizing and planning
- Relieving symptoms and attending to basic needs
- Facilitating comfort
- Giving information, advice and teaching

### Aims

To explore the variety of activities performed by physiotherapists in specialized palliative care.



### Methods

A free-listing approach was used to collect data from 10 physiotherapists in SPC clinics in Sweden. They were instructed to continuously document what they performed during 10 days, as precise and detailed as possible. All activities involving patients and their families either directly or indirectly were documented.

### Conclusions

The preliminary analysis showed a broad spectrum of activities going beyond traditionally described physiotherapeutic treatments. Physiotherapeutic activities in palliative care should not merely be described as various therapeutic techniques to be performed i.e. what is to be done, but include the holistic and inseparable nature of why, when, how, and with whom the activity was carried out.